

COBRA Reminder

Blue Cross & Blue Shield of Mississippi (BCBSMS) distributes all COBRA notifications to terminated employees who participated in the Mississippi State and School Employees' Health Insurance Plan (Plan). Each employer unit is responsible for entering employee terminations in EnrollBlue, and once entered, COBRA information is provided by BCBSMS to all eligible terminated employees.

BCBSMS provides the terminated employee with COBRA information, pricing and options necessary for the employee to determine whether to continue his/her health coverage through the Plan. BCBSMS also sends COBRA information via mail or by email notification to those employees who have registered with **myBlue** and used a personal email address.

Employer units **should refer employees to BCBSMS with COBRA questions** and not provide or distribute any additional COBRA information. Contact BCBSMS at 888-249-6132 if you have any questions about the COBRA process.

Plan Document

The 2018 Plan Document is now posted at KnowYourBenefits.dfa.ms.gov.

Printed copies will be distributed to each employer unit after the first of the year and will be available for participants without Internet access.

Don't Forget Your Partners in Wellness

While you are planning wellness events and health fairs for the upcoming year, don't forget your partners in the Plan.

BCBSMS provides field representatives who are knowledgeable about the coverage types, benefits and deductibles, and available to come for employee benefit fairs.

Prime Therapeutics is the pharmacy benefits manager (PBM) for the Plan. Prime likewise provides field representatives who are available to discuss the Plan's prescription benefits or answer questions regarding medications.

ActiveHealth Management (AHM) provides four on-site coaches who cover the State. These coaches facilitate wellness events and activities to help your employees get engaged. Additionally, AHM provides monthly newsletters and webinars that you can share with your employees to increase wellness at your site.

Online Provider Visits with Amwell give employees a faster, easier way to see a provider. Visits can be made 24/7 via a smartphone, tablet or computer (webcam). Go to <http://mssehip.amwell.com/> and enter Service Key MSSEHIP for the new benefit. Beginning in January, participants can also see registered dietitians through this app.



Dependent Eligibility Review

The Plan is preparing to conduct a dependent eligibility review to help identify any ineligible dependents who may be on the Plan and need to be removed. Employer units are encouraged to ensure their employees' information is accurate and up-to-date. Letters will go out at the end of January for members with dependents to verify continued eligibility.

We are taking this action to manage the cost of vital health Plan benefits and support the long-term viability of the Plan.

Help us be good stewards of the resources entrusted to us and confirm Plan benefits cover only those eligible.

MINNESOTA LIFE BENEFICIARY DESIGNATIONS

Active employees and retirees participating in the State and School Employees' Life Insurance Plan (Minnesota Life) need to go to www.bcbsms.com, sign in or sign up, and check their beneficiary designation. Participants can also use the **myBlue** mobile app to view or update their beneficiary.

BCBSMS's website and mobile app provide a secure pass through to Minnesota Life to update beneficiary information. The free mobile app is available in both the App Store and Google Play.

For more information:

- Medical claims: [Blue Cross & Blue Shield of Mississippi](#), Phone 800-709-7881
- Find a participating provider: [AHS State Network](#), Phone 800-294-6307
- Hospital admissions, certifications and wellness coaching: [ActiveHealth Management](#), Phone 866-939-4721
- Prescriptions: [Prime Therapeutics](#), Phone 855-457-0408
- Life insurance: [Minnesota Life](#) (Securian), Phone 877-348-9217
- Amwell: mssehip.amwell.com





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